



be Still

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Hyster Lux

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In my spare time I like to paint abstracts ideas and optical illusions. I enjoy painting because it is a way for me to relax, escape, and express my perspective.

Jamie Eller is a third year medical student.

- *Hyster Lux* is Latin for "womb light." This is a painting of the menstrual cycle hormones displayed in the light spectrum to show the complexity and beauty of the hormones that shape women. Red is estrogen. Yellow is progesterone. Blue is LH. White is FSH. Black is the absence of light. White is a mixture of all the colors of the light spectrum.

HYSTER LUX